

## Unblending From a Part

This meditation is designed to help you unblend when there are many parts showing up, and to help you to connect with more Self energy.

You may have chosen this meditation because you were focusing on a part and found that other parts of you were coming up at the same time.

Or maybe you are here because you are noticing many different thoughts and feelings and aren't sure where to start.

No matter what has brought you here today, welcome!

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I invite you to begin by finding a comfortable position...feeling the support of the surface that you are on.

Bring your attention to your breath, perhaps taking a couple of deep breaths to allow settling into your body...

Notice who is here with you right now.

Parts of you may show up as thoughts, emotions or sensations

Or you may notice an impulse to do or say something

Or there may be an image that a part is showing you, perhaps an image of you at a younger age or something else

See if you can bring some curiosity to whatever is here with you now...

Whatever you are noticing, let your parts know that you see or feel or hear them...

They may respond in some way or they may not

Either way, you can invite your parts to give you some space or ask them to step back a little

You might let them know that you would like to be able to see them more clearly, to get to know them better, and if they are too close then you can't see them, the way a camera can't focus when its subject is too close to the lens.

Let them know that you don't want them to go away, just to allow a little more room for you to be here with them...even 5-10%...

If they are able to give a little space send them some appreciation for trusting you enough to do that...

Notice how they respond...

Invite them to notice how you are more able to be with them as they give you more space

And notice how you are feeling toward them now...

This may have shifted

You may notice more curiosity, more compassion, more calm

As your parts begin to trust you more and allow more space for you to be present you will begin to notice more access to these qualities, these qualities of Self-energy

And if you are noticing one or more of these qualities now

invite your parts to take in this energy, if that feels ok to them...

And continue to notice and breathe with these qualities...

You may be feeling a little bit of these, or a lot. Or your parts may not have unblended at all and it likely will feel different each time you do this meditation.

Is it okay to be with however it is right now?

Breathing with compassion and curiosity, courage and connectedness...

You may wish to pause the recording and stay here for a while...

And when you feel ready, begin to gradually allow your attention to move outward again.

As you come to the end of this meditation you may be aware of a part that is drawing your attention now.

If so, you can move to the meditation for “Getting to know a Part”

You may want to take a few moments to write down what you noticed in this meditation, including any parts that you want to return to later.